

# TOGETHER WE FEED NEIGHBOURS.



THEFOODBANK.CA

## MOST NEEDED ITEMS

- Canned Meat & Fish
- Peanut Butter
- Canned Fruit
- Stew & Chili
- Beans in Sauce
- Macaroni & Cheese

School participation is essential to achieving The Food Bank's mission "Through community partnerships, we obtain and distribute emergency food from our neighbours for our neighbours." Last year schools raised food for **65,284 meals**. So far this year schools have raised enough for **13,187 meals**.

1 in 20 households need food assistance and half of these are families with children.  
We need your help!

### Please hold a food drive.

Register your food drive here [bit.ly/FoodFundDrive](http://bit.ly/FoodFundDrive).

**To learn more** about the reality of local hunger, how our community is helping, and why your support is important:

Hunger Count - [bit.ly/HungerCountReport](http://bit.ly/HungerCountReport)

Annual Report - [bit.ly/AnnualReportFoodBank](http://bit.ly/AnnualReportFoodBank),

Community Food Assistance Network-[bit.ly/FoodAssistanceNetwork](http://bit.ly/FoodAssistanceNetwork)

  
  
  
  
  
  
  
  
**1 IN 20**  
**HOUSEHOLDS**  
**ARE HUNGRY**

**\$20 feeds**  
**a family**  
**FOR 4 DAYS**